



Club Life

October 2026 • Fremont



Move With Purpose

We're proud to partner with the **Pink Lemonade Stand Challenge** in supporting breast cancer research through special classes and programming across our clubs.

Club Highlights

Forging Iron & Tendon

Explore the strength and movement behind Hung Gar's Tiger and Crane Form in this martial arts workshop on October 3. Enroll on Connect.

New Class! DeepWork

Experience the balance between high-intensity training and intentional recovery in this unique workout that strengthens body and mind.

HYROX

Put your strength and endurance to the test with a high-energy functional fitness challenge on October 24. Ages 12+. Non-members welcome.



Support Now

Scan to learn more, get involved, and show your support with community spirit or a donation.

October 2026

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October Member Perk Transform your sleep with the Eight Sleep Pod. Save up to \$350 with your exclusive member savings.		29	30	1	2	3
				Power Vinyasa Yoga for Pink 6:15 am-7:05 am Group Power for Pink 7:45 am-8:35 am LaBlast Silk for Pink 11:00 am-11:50 am	Boot Camp 6:15 am-7:05 am Heated HIIT 12:00 pm-12:50 pm Adaptive Tai Chi Flow 4:30 pm-5:20 pm	Shakti Yoga Flow 10:15 am-11:30 am CPR & AED Certification 12:00 pm Forging Iron & Tendon 2:00 pm-3:15 pm
	4	5	6	7	8	9
	Heated Pilates Fusion 8:00 pm-8:50 pm Mobility and Movement 9:00 am-9:50 am BomBay Jam 11:00 am-11:50 am	Barre for Pink 8:00 am-8:50 am Brazilian Beats 9:00 am-9:50 am Football Watch Party 10:00 am	Zumba for Pink 10:00 am-10:50 am CIRCL Mobility 11:00 am-11:50 am Yin Yoga for Pink 5:30 pm-6:20 pm	Heated Yoga Sculpt 8:00 am-8:50 am Aqua Fit 9:10 am-10:00 am Chair Conditioning 11:00 am-11:50 am	Football Watch Party 10:00 am Heated HIIT 12:00 pm-12:50 pm Pure Strength 12:00 pm-12:50 pm	Strength Conditioning 9:00 am-9:50 am Road Ride 4:00 pm Ignite for Pink 5:00 pm-5:50 pm
	10					
11	12	13	14	15	16	17
Heated Barre Fusion 10:00 am-10:50 am BomBay Jam Special: Garba Dance 11:00 am-11:50 am Tai Chi 11:30 am-12:20 pm	Football Watch Party 10:00 am LaBlast for Pink 6:00 pm-6:50 pm Strong and Mobile 6:30 pm-7:20 pm	DeepWork 11:30 am-12:20 pm Bars and Bells: Lower Body & Core 4:30 pm-5:20 pm LaBlast for Pink 6:30 pm-7:20 pm	Bars and Bells: Lower Body & Core 4:30 pm-5:20 pm Heated Yoga, Breathwork & Meditation 7:45 pm-8:35 pm Sets & Reps 7:45 pm-8:35 pm	Football Watch Party 10:00 am MixedFit For Pink 10:00 am-10:50 am Aqua Fit 10:00 am-10:50 am	BomBay Jam Special: Garba Dance 11:30 am-12:30 pm Pop Pilates 4:00 pm-4:50 pm Heated Power Strength Flow 6:00 pm-6:50 pm	Cycling Endurance Class 9:30 am-10:45 am Group Power 11:30 am-12:20 pm CPR & AED Certification 12:00 pm
18	19	20	21	22	23	24
Aqua Fit 9:00 am-9:50 am Core and Stretch 10:00 am-10:50 am Hatha Yoga 10:00 am-10:50 am	Football Watch Party 10:00 am LaBlast Chair for Pink 11:00 am-11:50 am Strength and Conditioning 11:00 am-11:50 am	Boot Camp 6:15 am-7:05 am Heated Barre 11:00 am-11:50 am Punch for Pink 6:30 pm	Heated Vinyasa Yoga 6:15 am-7:05 am Pilates Core for Athletes 11:00 am-11:50 am Performance Cycle 5:30 pm-6:20 pm	Football Watch Party 10:00 am Vinyasa Yoga 10:00 am-10:50 am Fusion Boot Camp 6:30 pm-7:20 pm	Vinyasa Yoga 10:00 am-10:50 am Heated HIIT 12:00 pm-12:50 pm Stretch & Restore 7:00 pm-7:50 pm	HYROX 9:00 am Pink Power Hour: Strength & Conditioning 11:00 am DeepWork: Glow-in-the-Dark 7:45 pm
25	26	27	28	29	30	31
Yoga Flow & Recovery Stretch 9:00 am-9:50 am UJAM 9:00 am-9:50 am Bombay Jam for Pink 11:00 am	Vinyasa Yoga 10:00 am-10:50 am Heated Mat Pilates 12:00 pm-12:50 pm UJAM for a Cause 6:30 pm	Zumba 10:00 am-10:50 am Pure Strength 12:00 pm-12:50 pm Yoga Dance for Pink 6:30 pm	BomBay Jam 10:00 am-10:50 am HIIT 10:00 am-10:50 am Fusion Qigong Core & Vo Vi Breathing Meditation 5:30 pm-6:20 pm	Barre Fusion 9:00 am-9:50 am Football Watch Party 10:00 am Pop Pilates 4:30 pm-5:20 pm	Rise & Ride 7:30 am-8:20 am Heated Vinyasa Yoga 7:30 am-8:20 am Pilates Unreformed Flow 11:30 am-12:20 pm	Halloween 🎃 Halloween Zumba 9:00 am-9:50 am Boo Bash Kickboxing 10:15 am-11:05 am Mini Monster Dance Class 12:30 pm